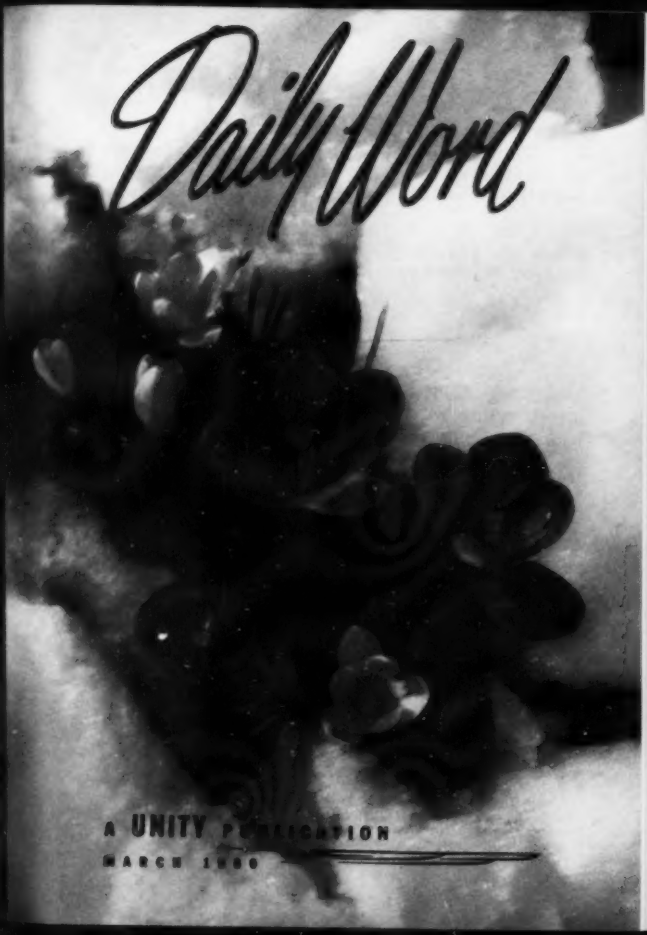
Daily Word



A UNITY PUBLICATION

MARCH 1966

Pray with Silent Unity

PEACE . . . **Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.**

PRAYER FOR WORLD LEADERS: **Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.**

•

PRAYER FOR ILLUMINATION: **God is within and around me, guiding me, lighting my way. I know what to do and I do it.**

•

PRAYER FOR PROSPERITY: **God works through me to provide for every need and to prosper me in every way.**

•

PRAYER FOR HEALING: **God is within me, healing me. Nothing is impossible with God.**

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"And Then I Wait"

MARTHA SMOCK

THERE ARE words that seem to belong together, because they express related ideas. For example, faith and prayer, joy and praise. There are other words that we do not think of as being necessary one to the other, for example, expectation and waiting.

Sometimes we do not want to relate these two words. We want them to be expectation and answer. But this word *waiting* is a key word and has a great deal to do with the answer.

"My soul, wait thou in silence for God only;
For my expectation is from him."

When we have a need or a desire and we pray earnestly and sincerely about it, the waiting in the silence of our soul is most important. How often when we pray, we expect God's perfect answer, but we do not allow the spiritual idea to grow and unfold in us. When we say that our expectation is from God, we mean that we expect the answer to our prayer to come from God, from the spiritual realm within. It is in the silence of our soul that we find the answer to our prayers.

It is here that we gain the assurance that all is well, that the affairs of our life are under God's care and direction, that there is nothing that cannot be met—because God is with us, working through us and through all that concerns us.

"For the earnest expectation of the creation waiteth for the revealing of the sons of God." Our prayers, our longings, our desires wait for the inner revelation that we are sons of God, that we are spiritual beings, that the essence of our life is spiritual. When we have this revelation in our soul, our expectation is fulfilled and light breaks forth in us.

Many times we expect God to change our life, to answer our prayers without any change on our part, without changing our mind, changing our attitudes. We almost always get what we expect. But we do not always want it when we get it. For just the getting of the outer thing does not satisfy us, does not really fulfill our expectations.

We may well ask ourselves, "What do I expect when I pray, what do I expect of God, what do I expect of man?" The fact may be that we do not begin to expect enough. We are willing to settle for far less than the good that God would pour out to us. We are working with a particular need and we place all our faith, our

hopes, and our prayers in a particular outworking. We say, "If only God will answer this one prayer, I will be grateful forever." If we could enlarge our vision and pray, "God, this seems to be the need of the moment, the need of my life, and this also seems to me to be the good I am seeking. But my expectation is from You. I place myself, my life, my mind, my heart, my desires in Your care. I know I can expect more from Your Spirit of good than I can presently imagine."

We can always expect answered prayer, but it is also true that we can always expect more than the outer answers to prayer. James Dillet Freeman once wrote these lines,

"Though God, God only can create,
I till and weed and then I wait."

When we pray in faith, when we hold to positive and constructive ideas of Truth, when we weed out the negative thoughts and feelings, when we let go of limiting beliefs, regrets, bitterness, or resentment, then we wait—wait for God's good to come forth, wait for the revealing of the son of God, the perfect creation of God to blossom in us. When we pray for healing, we should expect healing. When we pray for peace, we should expect peace. When we pray for prosperity, we should expect prosperity. When we pray for other persons, we should expect them to be

helped and blessed. But whatever we pray for, our expectation should be from God, not from our own prayers, not from the prayers of someone else, not from some outer happening. We expect perfect results when we pray because our expectation is from God, and because our expectation is from Him we wait in silence. We have absolute confidence, we know that God is the Creator, that above and beyond our expectation is God's perfect good, His perfect fulfillment.

"They that wait for Jehovah shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; they shall walk, and not faint." Here "wait" is the key word. We pray for strength, perhaps hoping and praying for just enough strength to see us through—but, "they that wait for Jehovah," who wait for His creative work to take over in them, not only are strengthened, they are made new. This is the answer beyond our expectation! How much more wonderful is the spiritual power of God within us than anything we can anticipate or expect.

The letters that come to Unity and tell of answered prayer almost always contain these words, "It is so much better than I expected. I never expected that things would work out in this way." Always the element of the things added

enters into answered prayer. The pattern is, expect, wait, and what follows is always greater than our human concept of it. Expect, wait, and keep your mind and heart open and receptive to the largeness of God, the miraculous power of Spirit.

Every time there is answered prayer, there is always more than the expected. Has anyone who was healed through prayer, for instance, been aware only of physical healing? Always there is a spiritual healing, always there is a lifting up of the inner man. The healing, the demonstration of supply, and the answer to prayers for peace and harmony in human relations always carry with them something beyond our expectation in the beginning.

What we come to value most and treasure most in our prayers is the inner realization that comes to us of the sure and abiding presence of God, the realization that comes to us that we are His beloved children, that we are expressions of His Spirit. As we come to know this more and more, as we come to feel our oneness with God, then in any need that arises we can say, with absolute trust, with absolute faith,

"My soul, wait thou in silence for God only;
For my expectation is from Him.
He only is my rock and my salvation."

Within You Is the Power

L. STEVENS HATFIELD

WITHIN you is the power. Within you is the power to face life and all that lies before you with unshakable assurance that "Jehovah thy God is in the midst of thee, a mighty one."

No matter what yesterday's problem was, within you is the power to live this day in complete at-one-ment with Him. As you walk in the understanding of His love today, you are strengthened, renewed and blessed, for within you is the power to meet life triumphantly, radiantly, gloriously.

Is your body in need of healing? Know that the Spirit of God within you can heal you. Are you frustrated or concerned over some important business or social decision? Know that the wisdom of God within you can illumine and make clear and perfect the way before you. Is there a problem of human relations? Know that the Spirit of God in you can adjust the situation for the good of all concerned. Whenever you surrender any problem to Him, all things are made right and you are blessed and guided into paths of peace, freedom, health, and happiness.

Within you is the power. If you have some

need, if you are trying to reach a decision about something, talk to God about it as you would talk to a loving father. Tell Him your need. Give your problem to Him. As you listen to His words of love and wisdom, you will find that He is your unfailing help, your guide, your source, and your supply. He will be to you as He was to Jesus, a loving, understanding Father-God.

Is there a difficulty in your life that seems insurmountable? Turn your attention away from it. Be still and know that within you is the power to solve all problems. Know that God's wisdom is always available. You have only to speak His name to find that His help is quick and sure. Whether you are faced with decisions of minor importance or decisions that may affect the whole course of your life, know that you can depend on the Spirit of God within you to guide and direct you, to make clear, perfect, and victorious your way.

Are you afraid of undertaking something new? Remind yourself that within you is the power to go forward into newness of life. Know that God has put within you unlimited resources. Do not allow fear of what other persons may think, say or do keep you from using your powers and abilities. Do not let fear of failure keep you from venturing into new paths. Know that within you

is the power to go onward and upward step by step until you reach the goal of your heart's desire.

Within you is the power. At times your path may seem unfamiliar and strange to you but the One who walks beside you knows the way. You can rely on Him. If you meet difficult situations, call on the unchanging presence of God within you. He will answer you. He will be with you. Place every seeming problem in His hands. Nothing is too complicated or too distressing for His Spirit in you to adjust and restore. You have only to be still and know that within you is the power. "All things work together for good" when you realize that you live in the consciousness of His presence at the center of your being.

Jesus, the Christ, demonstrated the glorious truth that the power to overcome all difficulties comes from within. He drew on this power to heal, to comfort, and to bless. He said, "The kingdom of God is within you." In this kingdom is the power that guides, directs, and inspires you.

Within you is the power to live and work each day with a sense of greatness and purpose in your heart. Keep your mind stayed on the power of Spirit within you. Believe that God in His wisdom brings you the experiences in life that bless you and help you to grow. Rejoice in the knowledge

that "the Father abiding in me doeth his works."

Is there a problem that must be solved at once? An important decision that must be made right now? Do you feel inadequate to meet the situation? Know that within you is all power. Turn your attention away from the condition. Stop thinking of your personal limitations and concentrate on God—the power within you. Remind yourself that He is with you to show you the course to follow, the decision to make. Be still and listen for His instruction. His answer will come. Be sure of that. Your part is to listen for it, to accept it and to act upon it.

Within you is the power. The life of God within you can heal your body, renew and strengthen it. The wisdom of God within you can guide you in making right decisions. The love of God at the center of your being can protect you from all harm. The understanding of God can keep you from making mistakes. The peace of God within you can calm every fear and give you courage and poise, wisdom and understanding, harmony and love, and a deep abiding assurance that all is well with you and your world.

God can do all things for you when you believe that within you is His power. His love will open a way for you to follow. His wisdom will illumine

you. His understanding will bless and comfort you.

Within you is the power to rise out of all fear, to open your mind to light and Truth, to know that there is never a time when you need be at a loss for ideas or inspiration.

Within you is the power. Arise and look unto God. Open your heart to God's Spirit. Glorify Him as you walk in the light of His love, as you accept His unfailing assurance that within you is all power.

THERE IS A LIGHT THAT SHINES FOR YOU

You need never feel alone—not even on the darkest night. Silent Unity is no farther from you than a prayer's length.

In a room of a building in Unity Village where a light is shining from a window someone is praying, someone with a spirit kindred to your own, someone whose heart reaches out to you in love. The light in this window shines for you.

You can reach Silent Unity by telegraph, Unity, WUX, Kansas City, Missouri, by telephone, BAltimore 1-4720, Kansas City, Missouri, or by letter to Silent Unity, Lee's Summit, Missouri.

Silent Unity is as the Christ light lit in the window of the world. If you are a traveler on the road of prayer, this light shines for you.

Tuesday

MARCH 1

I AM CENTERED AND POISED IN GOD, AND DIVINE ORDER IS ESTABLISHED IN ME AND IN MY LIFE.

OUR LIFE may follow a perfect daily routine, and yet we may not be experiencing divine order. For divine order is more than routine, it is more than a carefully followed set of worthy habits. Divine order is the perfect balance that is achieved in our life and affairs when we practice putting ourselves and all that concerns us in God's care. Divine order is the result of putting first things first, of spiritualizing our thoughts and desires. When we affirm divine order in our mind, body, and affairs we may be guided to change the pattern of our days. When we affirm divine order, we may have revealed to us that what we have thought of as order is of the surface only; we may see that the order we need, the order we can achieve is first of all an inner state. It is the inner balance of mind and heart, the poise that comes from keeping ourselves perfectly centered in God—this is divine order.

♣ *In the morning will I order* my prayer *unto thee.* —PSALMS 5:3.

Wednesday

I AM STRONG, POSITIVE, POWERFUL, WISE, LOVING, FEARLESS, FREE SPIRIT.

IN HIS book, *Keep A True Lent,* Charles Fillmore tells us that denials can be made in many ways. He points out: "It is not always necessary to say specifically, 'I deny so and so.'" He tells us that consciously acknowledging that we have been incorrect in our conclusion is a denial. He tells us that refusing to entertain negative thoughts is a denial. He tells us that withdrawing sustenance from low ideals is a denial.

So, on this, the first day of Lent, let us begin our preparation for Easter by denying all that is unlike the Christ. As we follow the methods suggested by Charles Fillmore for denial, we find that we do not linger in thought on that from which we want to be free. We place our full attention and the power of our faith on that which we desire to attain.

Keeping Lent in this way assures us of a spiritual awakening and renewal, a crossing out of all that is unlike the Christ. Keeping Lent in this way leads to a resurrection of the spiritual man.

♣ *I came not to destroy, but to fulfil.*—MATT. 5:17.

Thursday

I AM RENEWED. I AM VITAL. I AM THOROUGHLY ALIVE.

As I SPEAK certain words I have certain reactions. As I say: "I am renewed," I feel a straightening of my body; I stand tall; I am free from any sense of weakness. As I say: "I am vital," I take a deep breath; I feel a quickening of my blood stream; I feel a clearing of my mind; I am free from any sense of heaviness. As I say: "I am thoroughly alive," I fairly tingle with life.

As I use the statement for today, I will not simply speak the words about my body. I will speak the words to my body. I will speak them to every organ and every function. I will speak them and feel their truth in every part of my being.

As I speak these words, I will remember that just as they are true for me they are true for the people that I would see renewed, vital, and thoroughly alive. I will remember that I can speak these words from the Christ in me to bless and help and sustain and I will not hesitate to declare this truth for others.

♣ *Having the same spirit of faith . . . I believed, and therefore did I speak.*—II COR. 4:13.

Friday

I RECOGNIZE EACH EXPERIENCE IN MY LIFE AS THE BLESSING IT IS MEANT TO BE.

MANY experiences come to me each day and I accept each experience as a vehicle for blessing. While some experiences are obvious blessings, others appear to be quite the opposite until I extract the kernel of blessing from them.

When such an experience confronts me, I do not leap to negative conclusions. I silently thank my heavenly Father for the as yet unrecognized blessing the experience holds. I ask God's help in dealing with the experience. This blessing is often a lesson I will have learned when the experience has been met prayerfully and with faith.

Though at first an experience may frighten or confuse me, I quickly affirm God's presence mighty in the midst of me and in the midst of the experience. I know that only that which is a blessing is lasting, for it is all that is in accord with God's plan for me. I thankfully look for the blessing that I know comes to me with each experience.

♣ *Our Lord . . . hath blessed us with every spiritual blessing.*—EPH. 1:3.

Saturday

GOD IS LOVE. GOD IS LOVE IN ME. GOD IS LOVE AT THE HEART OF ALL.

IS IT not true that when we feel happy and at peace within ourselves we find it easy to get along harmoniously with other persons? If we find that we are having trouble in keeping things on a peaceful basis between ourselves and other persons, if situations arise that arouse resentment or thoughts of unforgiveness or bitterness, the way of overcoming lies in our letting go of the outer appearance and getting back to God, to the spirit of goodness and love that abides in our midst, and that abides in the midst of all.

We have God's Spirit in us. We have the capacity in us for loving, exalted thinking and feeling. We have the capacity in us to conquer littleness of action or thoughtlessness of word with largeness of Spirit.

It is important to take time to be still, to quiet our thoughts and feelings and to rest in the love of God. It may help us to say over and over, "God is love. God is love in me. God is love at the heart of all."

♣ *Above all these things* put on *love, which is the bond of perfectness.*—COL. 3:14.

Sunday

I AM QUICKENED TO A NEW AWARENESS OF SPIRITUAL VALUES.

GOD BLESS my spiritual home, the church of my choice. God bless and increase the faith on which it is built. Let the light of God direct its service. Let the peace of God reign within its walls. Let the substance of God support its every need.

God bless all spiritual leaders. Let the truth of God reveal itself through them. Let the love of God inspire their speech. Let the compassion of God reach out from their hearts. Let them always be conscious of the Son of God in the son of man.

God bless those who seek spiritual understanding. Let their minds be open to receive the divine instruction that comes from within. Let them read it in the written word, hear it in the spoken word. Let them perceive it in their personal contacts. Let them feel it as they work, as they play, as they pray. Let them use it every day. Let them be quickened to a new awareness of spiritual values.

God bless my church.

♣ *Ye also, as living stones, are built up a spiritual house.*—I PETER 2:5.

Monday

I KNOW AND ENJOY A FEELING OF ONENESS WITH GOD'S CHILDREN EVERYWHERE.

WE HAVE faith that in our unity of purpose there is strength and blessing for all mankind. We have faith that as we allow the light of God's love to shine through us and for us we will come into a oneness with all of God's children everywhere.

It is not necessary that as God's children we live lives exactly alike, that we do things exactly alike, that we think thoughts exactly alike. It is necessary that we allow each person the freedom to express in his own way and to follow his own divine leading. When we do this we are constantly finding points of oneness, places where we approach life in the same way. And where we do find differences, we are encouraged to use the different ideas that seem good or we are inspired to offer ideas that have proved helpful to us.

We have faith that in our unity of purpose there is strength to build a better world. There is the blessing that is needed to maintain that better world.

♣ *God . . . made of one every nation of men.*—ACTS 17:24, 26.

Tuesday

I BELIEVE IN DIVINE JUSTICE.

IN ORDER to insure justice in our life we need to believe in justice. We may say that we believe in justice. But if we examine our thoughts, our attitudes, our reactions, we may find that our belief in justice is tinged with doubt as to the integrity of other persons, tinged with suspicion of their motives, tinged with criticism or condemnation of persons or circumstances that do not seem to us to measure up to our expectations.

The affirmation of justice goes beyond our desire for justice for ourselves; the true affirmation of justice expands our thought to include others; and finally, the affirmation of justice reveals to us that true justice is of God not man. We attract justice; we act justly when we rely on and believe in the good and just law of God at work in us and in and through all that concerns us. We know that not only is God expressing Himself through us as justice, but His Spirit pervades all. His perfect good underlies all that appears. To believe in God is to believe in justice and to experience it.

♣ *The earth is full of the lovingkindness of Jehovah.* —PSALMS 33:5.

Wednesday

THE ONE LIFE—GOD LIFE—FILLS ME NOW.

THERE IS only one life—God life. This is the life that flows in and through me. What a difference this realization can make to us: to know that the one perfect life of God is the very life that animates us, the life that continually renews and restores us, the life that carries on its healing work in us, silently, ceaselessly, effortlessly, day and night. It is good to remember this, to rest in this strengthening thought, to know as we go about our day's activities that we are living and moving in the perfect life of God. There is healing in this thought; there is renewal in this thought; there is strength in this thought. We rise out of belief in sickness or disease; we see that healing is possible to us and to others, that the life we seek after is already mighty within us. This is why it is good to think in terms of life, to bless our body with the thought of life, to speak the healing word for ourselves and others. We do not change the character of the God life, for it is changeless and eternal; but we change our own capacity for expressing this life and we see the results and call it healing.

✤ *With thee is the fountain of life.*—PSALMS 36:9.

Thursday

I SEEK GOD AND GOD PROSPERS ME.

OFTEN WE wonder what outer steps we can take to improve our financial standing. We wonder how we can increase our income. We wonder if we should ask for a raise in our salary, invest the money that we have, or seek extra work. The best and surest way to constantly keep open the channels for continual increase in our supply is to yield ourself to God's directing Spirit.

The Spirit of God always guides His children into paths of prosperity. We have been given the promise that as long as we seek God we shall prosper. Surely the person seeking God does not have time for fearful thoughts, for grumbling, for dissatisfaction.

As we daily, hourly, yield ourselves to God's direction, listen for His instruction, and do the best that we can to obey, we find that we are provided with plenty. As we increase our faith, as we increase our spirit of co-operation, as we increase our efficient use of our abilities, our income will increase in like proportions.

✦ *As long as he sought Jehovah, God made him to prosper.*—II CHRON. 26:5.

Friday

I PRAY IN FAITH, BELIEVING.

MANY OF the letters that come to Silent Unity asking for prayers are sent in behalf of someone else. And the one who requests prayer help wants to know what he can do, how he can pray in order to help someone else. When we ask prayers for another, when we pray for him, our part is to lift up our thoughts about him, to see beyond the appearance to the perfect idea that we wish to see brought forth. This makes us a center of faith, this makes us an important and needed part of the prayer help that is given. God is the answer, but His Spirit is brought forth through faith, His Spirit is quickened in those for whom we pray through our faith.

If we are praying for someone, let us remember to keep our vision true concerning him. Let us hold him in our mind's eye as God's perfect child. Let us keep faith in the life within him, the love within him, the wisdom within him, the power within him. Miracles of blessing are brought about through the prayer of faith.

♣ *The prayer of faith shall save him that is sick.* —JAMES 5:15.

Saturday

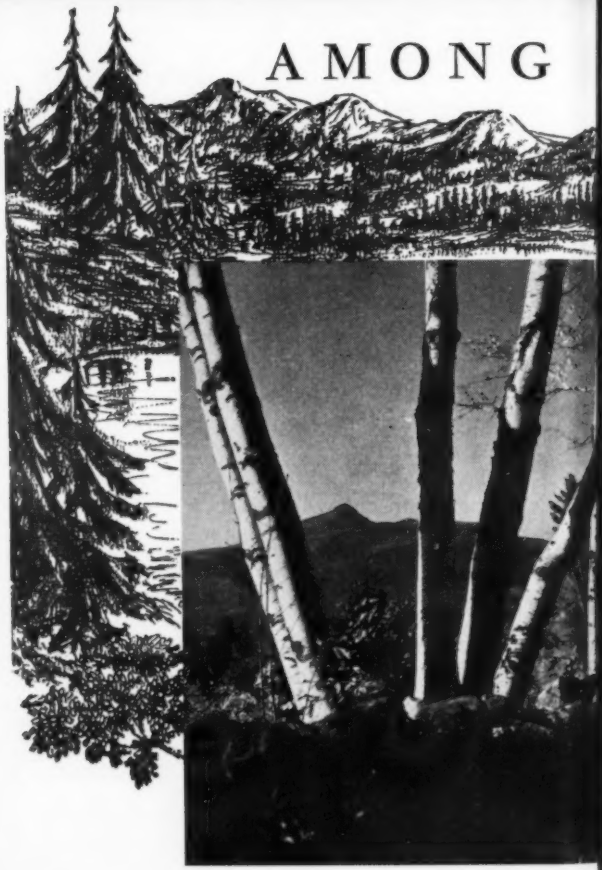
I KNOW THE TRUTH, AND THE TRUTH MAKES ME FREE.

WE HEAR these words quoted again and again, "Ye shall know the truth, and the truth shall make you free." It sounds simple. But if we feel bound by the circumstances of our life, if we are enmeshed in some destructive habit, if some other person seems to stand between us and our freedom, how shall we know the Truth that will make us free?

The Truth about us is that we are spiritual beings, created in God's own image and likeness and endowed with powers and abilities that are divine. The Truth about God is that He is the one presence and the one power in the universe, and that He is the Spirit of our being. To know this is to realize that freedom is linked with God, that without an awareness of God we are not free, no matter how unrestricted we may feel in our outer life. And if we feel bound or fettered, freedom can come to us only through our initial realization that God has created us free, that in our true self we cannot be bound.

✤ *Ye shall know the truth, and the truth shall make you free.*—JOHN 8:32.

AMONG



HESE HILLS

JAMES DILLET FREEMAN

Among these hills how much the heart rejoices,
Being not bound
To the small villages whose quiet voices
Make pools of sound
Among these hills whose valleys are like islands
Within the mind,
Valleys of shadow, dales of dappled silence,
Where pathways wind
Among these hills to unaccustomed reaches
Farther than eye,
Through groves of thought as well as elms and
beeches,
And on to high
And higher summits, far and farther ranges,
Where thinking stills
Its tumult, undisturbed by time's small changes
Among these hills.

Sunday

THANK YOU, FATHER, FOR THE GOOD AT HAND.

THE POWER OF blessing and praise cannot be overestimated. Individuals have proved over and over again that to bless and praise their affairs, their homes, their work, their present circumstances is like using a magic key that opens doors to greater good and happiness.

The belief in lack can become habitual; the feeling that we do not have enough can become so constant with us that we are never able to bless and praise what we have. The starting point is in our own thinking, in our own attitudes, in our own response to life and to the circumstances that surround us. To begin with, it may take effort on our part to look at our life and say, "Thank You, Father, for the good at hand." But as we make this a habit, as we learn to give thanks in everything, to praise, and to bless, we shall not only prepare the way for increase but we shall awaken to new appreciation of the abundant good we already have. We shall come to see that we live in the midst of plenty.

♣ *Be filled with the Spirit . . . giving thanks always for all things.*—EPH. 5:18, 20.

Monday

I LIVE AND MOVE AND HAVE MY BEING IN GOD. I AM DIVINELY PROTECTED.

THE MORE we consciously live in the presence of God the greater is our sense of protection. What is there to fear when we know that wherever we are God is? What is there to worry about when we know that God is working through us as the spirit of wisdom, power, and intelligence, that He is guiding us in all that we do?

The power, energy, and life of God are strong in us and flow freely through us when our mind is open, when our heart is free, when we are ready channels for the expression of His Spirit. Protection is not something we have to seek after; it is a natural result of living close to God. When we live close to God we have a right feeling about ourselves. We know that we are where we need to be and we are occupied with the work that is ours to do. We are free from fearful imaginings or negative thoughts about the past, present, or future. We expect and receive good.

Jehovah is on my side; I will not fear:
What can man do unto me?
—PSALMS 118:6.

Tuesday

I WORK WITH THE SPIRIT OF SUCCESS.

SUCCESS DOES not mean the same thing to any two persons, just as an abstract painting may not mean the same thing to any two viewers. But every person desires success. Whatever interests the mind, occupies the hands, and fills the time, is a matter for prayer.

Think what you want to be successful in and successful with. Think what success means to you, to the persons close to you. Think what it means to all who would feel its effect. If the success you desire would make you the best person you are capable of being, if the success you desire would mean blessing and growth for your family, if it would have a good effect on your world, pray to work with the spirit of success.

Place yourself in God's keeping. Release yourself to His direction. Do not feel that you must tell Him how success should come, when it should come, or through which channels. Trust Him to work wisely and well. His will for you is success, so be willing to do His will. Be willing to work with the spirit of success.

✤ *Observe to do according to all the law . . . that thou mayest have good success.*—JOSH. 1:7.

Wednesday

I AM A RADIATING CENTER OF DIVINE HARMONY.

THE WORD *harmony* is a beautiful word. To see it written or hear it spoken brings into our mind pleasant associations. It may make us think of a favorite symphony, of a masterpiece of art, or even more wonderful, it may make us think of the loveliness of right and happy human relationships.

When we think of harmony prefaced with the word *divine*—divine harmony—we think of harmony in its purest sense. Through prayer and communion with God we become aware that the source of divine harmony is not separate from us, it is within us. When we experience divine harmony we want to carry it into every part of our life and express it in all of our dealings.

As radiating centers of divine harmony we are able to walk into a disturbed situation and not be a part of the disturbance. Our presence calms ruffled dispositions, brings peace and adjustment, and points the way to satisfactory agreements.

Behold, how good and how pleasant it is
For brethren to dwell together in unity!
—PSALMS 133:1.

Thursday

"BE STRONG, AND LET THY HEART TAKE COURAGE."

IF WE are praying for someone who is experiencing a challenge and a change, someone who feels a sense of loss, the words of the Psalmist: "Be strong, and let thy heart take courage," will be most helpful. Even a person who is firmly established in understanding and faith needs to know that he is not alone, and as we pray for him he is sure to feel our blessing.

It is right to pray to be instrumental in lifting the spirits of a person in need of comfort. It is right to pray to impart to such a person the strength that will enable him to become re-established in poise and in peace.

We may want to pray in the quiet of our own spirit. We may want to share our words of prayer with the one in need. No matter how we pray, every prayer is a help. The important thing is that we open our heart to let the love of God flow through to strengthen and encourage the heart of another. It is the friendly warmth of this love that makes a man know that he never stands alone.

♣ *Be strong, and let thy heart take courage.*—PSALMS 27:14.

Friday

I AM NOT POSSESSIVE. MY HAPPINESS DEPENDS ON GOD.

WE HAVE all had the experience of feeling that something is our very own. It may be a personal possession; it may be a particular position. It is good for us to appreciate the things and the opportunities in our life. But it is not good for us to feel that we are bound to or by them.

If there is something in life that we enjoy and consider a blessing, let us give thanks for it. If it is a personal possession, let us appreciate and use it to advantage. If it is a position, let us fill it as successfully and satisfactorily as possible. But let us never feel that our happiness is dependent on something that we own or on a position that we hold.

No person needs to feel limited or bound to a certain thing or to a set of circumstances. All that the Father has is ours. All that the Father has belongs to each of His children. With this attitude and knowledge we are not possessive. Our happiness depends on God.

♣ *A man's life consisteth not in . . . the things which he possesseth.*—LUKE 12:15.

Saturday

MY LIFE IS FILLED WITH A GLAD EXPECTANCY OF THE GOODNESS OF GOD.

I LIVE IN the quiet expectancy of good. I do not look for God only in the places that are labeled "holy." I look for evidences of His presence everywhere.

Wherever I am, I find God. In all the people that I meet I sense the presence of God. Through their kind words I learn more of His love. Through their shared inspiration I gain more of His wisdom. Through their thoughtful acts I feel His benediction.

In the natural world around me I constantly look for the message of life and growth that God gives me. I behold the beauty all about me, and I know that it reflects the beauty that is within me.

In every experience that comes to me I find the blessing that is meant for me. In every opportunity I find the challenge to know myself better and to explore my God-given abilities further.

The spirit of glad expectancy draws my own to me and draws me to my own.

Blessed is the man that heareth me,
Watching daily at my gates.
—PROV. 8:34.

Sunday

I AM FREE. PRAISE GOD, I AM FREE.

"MY YOKE is easy, and my burden is light." The things that I have considered hard I now see in a true light, stripped of the appearances that frightened me. The problems that have weighed heavily on my mind, been as burdens on my shoulders, are now devoid of the power to shackle or bind me.

I am free. Praise God, I am free.

"My yoke is easy, and my burden is light." The changes that challenged me are made swiftly and smoothly. The adjustments that brought me concern now offer me opportunities to enter into a fuller life. The people that I thought of as keeping my good from me I now think of as God's children, doing His will.

I am free. Praise God, I am free.

"My yoke is easy, and my burden is light." No longer do I lean on self. I lean on God. No longer do I walk alone. I walk with God. No longer do I work in a personal way. My Father works, and I work with Him.

I am free. Praise God, I am free.

♣ *My yoke is easy, and my burden is light.*—MATT 11:30.

Monday

GOD IS IN CHARGE OF MY LIFE AND AFFAIRS.

WHAT marvelous assurance and joy fill my heart and mind as I constantly remind myself that God is in charge of my life and affairs. To each challenge that comes my way I say: "God is in charge." Immediately things are brought into order as though an unseen hand were at work. Immediately God's wisdom and guidance are at my disposal, and I am given the perfect solution to every problem.

To my body temple I say: "God is in charge." Immediately my body responds. Each organ, function, and faculty is quickened, and my body glows with radiant health.

As I think of my loved ones and their affairs, I say for them: "God is in charge." Immediately I let go any feeling of anxiety concerning them because I know that with God in charge all things work together for their highest good.

To the nations of the world I say: "God is in charge." Because God is in charge, all men everywhere are established in perfect peace and brotherhood.

♣ *He will give his angels charge over thee.*—PSALMS 91:11.

Tuesday

AS I PUT MY TRUST IN GOD, I ADJUST EASILY AND PERFECTLY TO ALL WEATHER CONDITIONS.

WHAT SHOULD be our attitude toward weather conditions? At certain seasons there are frequent and sudden atmospheric changes. Storms arise with high winds and heavy precipitation, and we may become anxious about our health and safety, or the health and safety of our loved ones.

We can overcome all such anxiety, and adjust easily and perfectly to weather conditions by putting our trust in God. God is always with us. His protecting love forever infolds us, and He imparts to us health, vitality, and all that is needed to meet weather changes. We confidently affirm: "In God have I put my trust; I will not be afraid."

Sometimes weather conditions call for changes in our plans. But we can always look to God for guidance. He gives us understanding and good judgment, and we adjust easily and perfectly to all weather conditions. All things work together for good as we put our trust in God.

♣ *In God have I put my trust, I will not be afraid.* —PSALMS 56:4.

Wednesday

MARCH 23

FATHER, QUICKEN ALL OF ME WITH ALL OF THEE.

FATHER, bless me with perfect clarity of sight. Quicken my eyes so that they adjust easily and rapidly to any change in the range of my vision. Quicken my sight so that I constantly see Thy beauty everywhere.

Father, bless me with divine acuteness in my hearing. Quicken my ears that I may hear Thy voice speaking to me through every person and situation in my world. Open my ears to receive with understanding, and to interpret with love every sound that comes to me.

Father, bless me with the brilliance of Divine Mind. Think through me the constructive thoughts that Thou wouldst have me think. Quicken me with Thy spiritual perception.

Father, bless my body and all its functions. Quicken every muscle and joint with suppleness. Quicken every gland and organ with harmonizing energy. Nourish every nerve with calm and soothing peace. Vitalize my flesh with Thine ever-renewing life.

Father, quicken all of me with all of Thee.

♣ *Glorify God therefore in your body.*—I COR. 6:20.

Thursday

THOU ART MY LIGHT. THY WAY IS REVEALED TO ME.

WHEN WE have a decision to make and do not know how to proceed, divine guidance is the answer that comes to us as we open our mind to light, as we affirm the presence of divine wisdom in our mind, as we still the anxious thoughts and questionings and are willing to be shown what to do. Divine guidance is always accompanied by a feeling of rightness within ourselves. Sometimes the ideas that come to us in prayer may be so different from what reason or human judgment would suggest that we are tempted to dismiss them as foolish. But God who gives us the idea will also give us the courage to act on it.

The wisdom of God in us is wiser than our thoughts. The love of God in us is stronger than our doubts. The courage of God in us is greater than our fears. When we do not know what to do, what course to follow, how to act in some situation, we can find the answer by quieting our mind and affirming, "Thou art my light. Thy way is revealed to me."

♣ *Thy word is a lamp unto my feet.*—PSALMS 119:105.

Friday

THE FATHER KNOWS AND FULFILLS MY EVERY NEED.

IN PROVERBS we find this very interesting statement:

"Give me neither poverty nor riches;
Feed me with the food that is needful for me."

In other words, we do not have to constantly specify to God that we need this thing or that thing. Jesus realized this, for He said: "Your Father knoweth what things ye have need of."

As we live and move in the understanding that God knows what we have need of, we shall be free from anxious thoughts. We shall realize that God's love anticipates and satisfies our needs even as we become aware of them. With our attention resting in an awareness of God's provision, all our creature comforts will be supplied at just the right time and in just the right way. There will never be an insufficiency of any good thing, nor shall we ever be wasteful of our good. As our attention is stayed on God, as we contemplate His power and presence, we shall be fed the "food that is needful" for us.

✤ *Seek ye first his kingdom, and his righteousness; and all these things shall be added unto you.*—MATT. 6:33.

Saturday

I USE MY GOD-GIVEN POWERS CONSTRUCTIVELY. I MAKE THIS DAY COUNT FOR SOMETHING.

ALL OF us want to be truly successful individuals; we want to feel that we are contributing something worth while to the world; we want to be creative and productive. These are right and good desires and spring from the depths of Spirit within us. God sent each one of us into the world with divine potentialities. Each of us has unused and undiscovered capabilities within him. And each of us can contribute something truly worth while to our world.

Rather than dream of great things we are going to do in the future, or mourn lost opportunities of the past, we can begin right where we are to make every day count for something. We can increase our powers and capacities by putting them to use in the thing at hand. Whatever we are doing can benefit by our new insight into it. Wherever we are in life, whatever our particular task, there is yet more that we can give, and in the giving we grow, and in the growing we enlarge our capacities and increase the productivity of our efforts.

♣ *He shall grow up out of his place.*—ZECH. 6:12.

Sunday

WITH GOD'S HELP I RELEASE ALL TENSIONS OF MIND, EMOTIONS, AND BODY. I AM HEALED.

PHYSICAL disease has its roots in tension. When tension is released, wholeness immediately begins to manifest itself. So with God's help, I now release all the tensions of my being and I am healed.

I relax the straining and striving to understand the reason for inharmonious conditions in my mind, emotions, and body. I relax the straining and striving to understand Truth. I quietly focus my attention on God. I let Him reveal to me the things that I need to understand and to handle. I let God reveal Truth to me.

I let go resentments and antagonisms. I invite the peace of Christ into my heart. I relax willful determination. I let God have His perfect way with my world. I stop trying to fit myself into a mold formed by my limited thinking about life. I let the potential perfection, which was breathed into me in the beginning, unfold through me.

With God's help I release all tensions of mind, emotions, and body. I am healed.

♣ *Yield yourselves unto Jehovah.*—II CHRON. 30:8.

Monday

I QUIET MY MIND AND MY BODY AND I LISTEN FOR DIVINE INSPIRATION.

IF I HAVE heretofore considered prayer as only the act of speaking to God, I have been depriving myself of half the blessing of prayer. True, I am accustomed to talking to God. I tell Him of my problems. I seek His help in solving them. I ask His blessing on myself, my loved ones, and our affairs. I thank Him for the blessings that I have received. However, if this is all that I do, I have overlooked the privilege of becoming still and listening for His inspiration.

Prayer is a two-way channel through which my heavenly Father and I commune. It is in my time of silent meditation that I complete the prayer I began when I turned to Him. I truly commune with God as I close my mind to outer distractions and attune myself to His inspiration. In this listening attitude it is not necessary for me to hear words. I feel God's presence; I sense His love; I know His power. From such times of quiet listening I gain divine inspiration.

Show me thy ways, O Jehovah;
Teach me thy paths.
—PSALMS 25:4.

Tuesday

MARCH 29

I AM FILLED WITH JOY. I EXPRESS JOY.

IT IS impossible for me to speak the prayer for today with meaning and feeling and keep the corners of my mouth turned downward.

What a beauty treatment joy is! When there is joy in the heart there is an uplift of the spirit that uplifts the face and form. When there is joy in the heart there is a smile on the lips and a light in the eyes.

"I am filled with joy." As I speak this part of the statement I may want to count my blessings. I may want to take stock of the joys that fill my life. Giving thought to joy helps me to release any thought that has clouded my mind and shadowed my expression.

"I express joy." Do I? Do I look and act and speak as a joyous person does? If I find it difficult to feel and express my joy, it is time for me to stir myself to a new and deeper sense of appreciation. It is time for me to recognize myself as a son of God. It is time for me to let that naturally joyous son of God shine through.

♣ *And my mouth shall praise thee with joyful lips.* —PSALMS 63:5.

Wednesday

I BEHOLD THE SPIRIT OF GOD EXPRESSING THROUGH YOU. I BEHOLD THIS SPIRIT IN ALL YOU THINK, SAY, AND DO.

IS THERE someone you would especially like to bless? Is there someone dear to you who needs a blessing? Is there someone you wish to be in harmony with, someone you want to understand, someone you want to understand you?

Picture in your mind's eye this one, and declare for him: "I behold the Spirit of God expressing through you. I behold this Spirit in all you think, say, and do." Behold him walking straight and true, in the path of spiritual unfoldment. Hear him speaking words that are positive and uplifting. Know him to be a child of God, beloved by Him, approved of by Him.

When you bestow this blessing on another person you give him the best gift that you can give. When you stand fast in seeing him as God sees him you open the way for him to see you as God sees you, and you help to establish the kingdom of heaven here on earth by making it come forth first in the minds and hearts of men.

♣ *The Lord bless thee, and keep thee.*—NUMBERS 6:24 (A.V.).

Thursday

I AM FREE FROM MISTAKES OF THE PAST. I ACCEPT THE OPPORTUNITIES OF THE PRESENT.

A HAPPY, well-adjusted child spends little time brooding over his mistakes at school. His thought and his speech reflect his interest in the wonderful things that he is learning.

I am a happy, well-adjusted child in God's school of life. I, too, refuse to brood over mistakes that I may have made. I ask God's forgiveness and I accept the new opportunities His love provides. I ask for His light on my way so that I may learn all the valuable lessons that are part of life. But if I do make an error in judgment, if I break a rule, I know that God is not interested in punishing me. He is interested in helping me to accomplish the things He knows I can accomplish.

God has provided me with a wonderful teacher, the Christ. He leads me into an understanding of the language of love, the art of healing, the science of joy, and the mathematics of prosperity. With the Christ as my teacher I am free from mistakes, and privileged to apply myself so that I may be a perfect student and accept the opportunities of the present.

♣ *For one is your teacher.*—MATT. 23:8.

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Miracle

R. H. GRENVILLE

What is this emerging
Right before my eyes?
A crocus standing tiptoe,
Crying out, "Surprise!"

What is this appearing
On the naked bough?
Beauty born of darkness;
Do not ask me how!

Everywhere around me
Miracles occur,
A robin tries his piccolo,
A willow dons her fur,

And winter, that seemed endless,
Makes ready to depart,
And all the weight of winter
Is lifted from my heart.